



— Food for Health —

Wellness Newsletter

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Gluten & Dairy-Free Eating Made Easy

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Dairy-Free Eating Made Easy

Recipe: Spring Vegetable Salad with Strawberries and Poppy Seed Dressing

The man who earns a million but destroys his health in the process is not really a success.

– Zig Ziglar



A Starter Kit for Going Gluten Free

Have you ever wondered what makes fresh sourdough bread so chewy and homemade pizza dough so stretchy? It's a protein called gluten, found in wheat, rye, barley, spelt, non-gluten free oats, and processed foods containing these ingredients such as bread, cereal, pasta, pancakes, pizza, bakery, and other packaged foods.

The Difference Between Gluten Sensitivity and Celiac Disease

While many people don't have to worry about gluten in their food, it can cause a spectrum of problems for sensitive individuals, ranging from non-celiac gluten sensitivity (NCGS) to celiac disease—an autoimmune condition where ingestion of gluten can lead to damage in the small intestine, creating iron deficiency anemia, joint pain, depression, anxiety, fatigue, and migraines.

According to the Celiac Disease Foundation, some people experience symptoms of celiac disease, such as foggy mind, depression, ADHD-like behavior, abdominal pain, bloating, diarrhea, constipation, headaches, bone or joint pain, and chronic fatigue, when they have gluten in their diet, but they do not test positive for celiac disease. NCGS is generally used to refer to this condition and removing gluten from the diet resolves symptoms.

Gluten Sensitivity: A More Recent Problem

When I was growing up in the 80s, you never heard of such a thing as gluten sensitivity. Although it can seem like a fad, I can tell you it is indeed a real thing.

Due to hybridization of wheat grown in the United States, the quality and type of proteins and starches in wheat have changed, creating a

higher gluten content than ever before. The result is an overwhelming increase in the diagnosis of celiac disease and gluten intolerance.

Food allergies and sensitivities create an inflammatory state in the body, leading to weight gain and insulin resistance. So, if you suspect you are intolerant of gluten, it would be wise to eliminate it for a six-week trial to see if your blood glucose numbers and weight improve.

Naturally Gluten-Free Foods

I know the very thought of scanning food labels for the presence of gluten may feel overwhelming, but that's where the Club Fx™ Pillars come in handy, particularly Pillar 1: Eat your greens, as many as you can every day and Pillar 2: Eat the rainbow, at least one fruit and two vegetables every day.

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A STARTER KIT FOR GOING GLUTEN FREE *continued*

Fresh leafy greens, herbs, spices, fruits, and vegetables are naturally free of gluten, and so are raw, unseasoned nuts and seeds, dry beans, peas, and lentils.

Like fresh produce, whole eggs and fresh cuts of beef, poultry, pork, lamb, and fish (without added ingredients) are also safe to consume on a gluten-free diet. And dairy-lovers, you can also rejoice because plain milk, butter, yogurt, and many cheeses are gluten free.

Gluten-Free Alternatives for Your Favorite Foods

Detecting gluten in products beyond the Produce department can get a little tricky, but if you stick with me, I promise to make it easy for you.

Here are some of my favorite gluten-free alternatives at Heinen's:

GLUTEN-FREE PASTA

- Explore Cuisine edamame and mung bean pasta
- Palmini hearts of palm pasta
- Banza chickpea pasta

GLUTEN-FREE BREAD & WRAPS

- Food for Life sprouted gluten free bread
- Food for Life gluten free English muffins
- Food for Life gluten free pita bread
- Base Culture bread
- Siete almond flour or chickpea flour tortillas

GLUTEN-FREE PIZZA CRUST

- Bob's Red Mill gluten free pizza crust mix
- Simple Mills pizza dough mix

GLUTEN-FREE CEREAL

- Grandy Organics coconola grain-free granola
- Grandy Organics apple crisp granola
- Heinen's organic crispy rice
- Heinen's organic multigrain flakes
- Lovebird cereal
- Mylk Lab oatmeal cups

GLUTEN-FREE CRACKERS

- Better with Buckwheat crackers
- Flackers flaxseed crackers
- Mary's Gone Crackers

GLUTEN-FREE COOKIES

- Siete grain free cookies
- Simple Mills almond flour cookies

GLUTEN-FREE PANCAKES

- Birch Benders paleo pancake mix
- King Arthur gluten-free pancake mix
- Simple Mills almond flour pancake and waffle mix

GLUTEN-FREE GRAINS

- Heinen's brown rice
- Heinen's wild rice
- Heinen's quinoa
- Buckwheat: Lil Bucks sprouted buckwheat crunch; Bob's Red Mill organic buckwheat flour; Wolff's kasha
- Bob's Red Mill millet
- Bob's Red Mill gluten free steel cut oats
- Bob's Red Mill teff

GLUTEN-FREE SNACK FOODS

- Brad's kale chips
- Brad's veggie chips
- Biona sea salt chickpea snacks
- Quinn pretzels
- Siete tortilla chips
- Lesser Evil Himalayan pink salt popcorn
- Lundberg thin stackers red rice & quinoa puffed grain cakes

Sneaky Gluten-Filled Ingredients

In addition to wheat, rye, barley, and non-gluten free oats, the following ingredients also contain gluten and should be avoided on a gluten-free diet. Be sure to keep this list handy when reading food labels.

- Durum
- Emmer
- Semolina
- Spelt
- Malt
- Malt extract
- Malt vinegar

- Distilled vinegar
- Brewer's yeast
- Triticale (a cross between rye and wheat)
- Wheatberries
- Hydrolyzed vegetable protein
- Hydrolyzed plant protein
- Modified food starch
- Natural flavoring
- Caramel color
- Dextrin
- Maltodextrin
- Yeast extract

When in Doubt, Look for Gluten-Free Claims

Look for the "Gluten Free" claim on packaged foods whenever you're unsure of the presence of gluten. The FDA has set strict requirements for this claim, stating that any foods carrying the label "Gluten Free," "no gluten," "free of gluten," or "without gluten" must contain less than 20 parts per million (ppm) of gluten. This level is the lowest that can be reliably detected in foods using scientifically validated analytical methods.

Key Takeaway

Following a gluten-free diet can be simple when you stick to whole, minimally processed foods like fresh produce, fresh meat and seafood, unprocessed gluten-free grains, dry legumes, raw nuts and seeds, and plain dairy products.

Venturing outside of this healthy base can be tricky, but not impossible. If you'd like more help getting started on your journey, let one of Heinen's knowledgeable Wellness Consultants take you on a free Club Fx™ Store Tour and introduce you to a whole new world of better-for-you gluten-free possibilities.

DAIRY-FREE EATING MADE EASY

Over a year ago I made the decision to take a break from all animal products just to see how I would feel, which of course meant giving up my beloved smoky sharp cheddar cheese. If I'm being honest, it wasn't easy.

It didn't take long for me to realize that removing dairy wasn't enough. I needed to fill that void with healthful foods that looked, felt, and tasted like dairy. This is where the world of plant-based dairy really saved me. I share my favorite Fx™-approved products below to help make the road to dairy-free living as smooth and enjoyable as possible.

Before we go there, it's important to understand why people choose to give up dairy in the first place.

The Decision to go Dairy Free

People choose to eat less dairy for all sorts of reasons—health, lactose intolerance, or simply wanting to feel better. Whatever the reason, adopting a dairy-free lifestyle doesn't have to mean avoiding all the foods you love.

Thanks to a growing variety of healthful plant-based alternatives for milk, cheese, and frozen treats, making the transition has never been easier.

As you dabble in dairy-free alternatives, it's important to be mindful of getting enough of the key nutrients typically found in dairy. That way you can enjoy all the benefits of a dairy-free diet, without compromising nutrition.

Key Nutrients Found in Dairy Products

Our calcium needs vary based on factors like age and gender, but for the average person the RDA (recommended dietary allowance) is about 1000 milligrams of calcium per day.

Calcium doesn't act alone. It needs vitamin D to be absorbed and utilized by your body. The recommendation offered by Heinen's Chief Medical Officer, Dr. Todd Pesek MD is 5000 IU of vitamin D3 per day as a maintenance dose.

In addition to vitamin D3, you'll want to make sure you are getting enough vitamin K2 because it directs calcium to your bones (where it should be) and away from your arteries (where it shouldn't be). The high-quality vitamin D3 + K2 supplements from Heinen's or Nutritional Roots can help you achieve these recommendations.

Dairy-Free Sources of Calcium at Heinen's

Most people probably think of cow's milk as the best source of calcium, but I'm happy to report that you can meet your daily calcium needs quite easily through a variety of foods. Here are just a few examples of Fx™-approved foods with calcium:

LEAFY GREENS & VEGETABLES

- 1 cup cooked bok choy = 160 mg
- 1/2 cup cooked collard greens = 130 mg
- 1 cup raw kale, turnip greens, or dandelion greens = 100 mg
- 1 cup raw broccoli = 40 mg

BEANS & LEGUMES

- 1 cup Heinen's great northern beans or cannellini beans = 120 mg
- 1 serving Explore Cuisine edamame and mung bean pasta = 100 mg
- 1/2 cup Seapoint Farms shelled edamame = 60 mg

NUTS & SEEDS

- 1/4 cup Living Intentions sprouted almonds = 70 mg
- 1 Tbsp. Heinen's organic black chia seeds = 50 mg

FRUIT

- 3 Made in Nature organic dried Smyrna figs = 40 mg

DAIRY ALTERNATIVES

- 1 serving Icelandic Provisions vanilla bean oatmilk skyr yogurt = 60 mg
- 1 cup Malk almond milk = 40 mg

PROTEIN-FORWARD

- 3 oz. Wild Planet anchovies = 150 mg
- 1 serving Nasoya tofu = 60 mg

SAUCES AND TOPPINGS

- 1 Tbsp. Wholesome molasses = 100 mg
- 2 Tbsp. Heinen's tahini = 50 mg
- 2 Tbsp. Heinen's fresh ground almond butter = 85 mg

Dairy-Free Swaps at Heinen's

As I mentioned above, it's important to fill the dairy gap with similar dairy-free products so that you don't feel deprived.

Check out these surprisingly authentic plant-based cheeses at Heinen's and these dairy-free swaps for yogurt, milk, cream, and sour cream. You won't be disappointed!

SPECIALTY CHEESE DEPARTMENT

- Nuts for Cheese
- Treeline Dairy-Free Goat Style Cheese

DAIRY DEPARTMENT

- Violife Cheddar Shreds or Slices
- Cocojune pure coconut organic cultured yogurt
- Malk unsweetened almond milk
- Malk unsweetened almond milk creamer
- Kite Hill cream cheese
- Kite Hill sour cream

GROCERY DEPARTMENT

- Primal Kitchen Spicy Queso-Style Plant-Based Dip

FROZEN DEPARTMENT

- So Delicious CocoWhip (dairy-free whipped topping)

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SPRING VEGETABLE SALAD WITH STRAWBERRIES AND POPPY SEED DRESSING

The following recipe and photography was provided courtesy of Recipe Developer and Food Photographer, Allianna Moximchalk from Allianna's Kitchen.



If you thought eating salad was boring, I challenge you to try this vibrant creation this spring. Your body will thank you!

Servings: 3 salads
Prep time: 5 minutes
Cook time: 10 minutes

Ingredients

FOR THE SALAD

- 2 cups strawberries, sliced and cleaned
- 1/2 cup fresh peas or edamame
- 1 red onion, sliced
- 9 cups dandelion greens
- 1 Tbsp. Heinen's avocado oil
- Slivered almonds, optional topping

FOR THE DRESSING

- 1 lemon
- 1/4 cup Heinen's apple cider vinegar
- 1/2 cup extra virgin olive oil
- A pinch of sea salt
- 1 Tbsp. Heinen's Dijon mustard
- 1/2 tsp. onion powder
- 1 tsp. poppy seeds

Instructions

1. Add the avocado oil to a skillet over medium heat. Add the onions and sauté until fragrant.
2. While the onions are sautéing, place all of the salad dressing ingredients in a bowl and mix to combine. Set aside.
3. Add the dandelion greens to a large serving bowl followed by the sliced strawberries, edamame or peas and sautéed onion.
4. Drizzle the poppy seed dressing over the top and finish with optional slivered almonds.

DAIRY-FREE EATING MADE EASY *continued*

How to Spot Dairy on Food Labels

Anytime you pick up a packaged food, there's a chance that it may contain dairy. Besides milk, butter, cheese, cream, and yogurt, keep an eye out for these additional milk ingredients if you're trying to maintain a dairy-free lifestyle.

- Acidophilus
- Casein
- Caseinate
- Curds
- Ghee
- Half & Half
- Lactose
- Lactulose
- Natural butter flavor
- Nougat
- Paneer
- Whey
- Whipped topping

Key Takeaway

Whether you're fully committed to a dairy-free lifestyle or simply looking to make a few simple swaps to your daily diet, there are many ways for you to satisfy your dairy desires in a more healthful way with the wide variety of dairy-free alternatives at Heinen's. I think you will be pleasantly surprised at how easy and enjoyable it can be.



Club Fx is a FREE program for Heinen's Tasteful Rewards members that offers education, nutrition tips, product recommendations and recipe inspiration for customers to live their healthiest lives. Interested in becoming a Club Fx member? Update your Tasteful Rewards account to ensure you get our weekly emails and access to personalized nutrition services!